



40 Maple Street
P.O. Box 187
Ellington, CT 06029

Hours:

Mondays:
8:30am-6:00pm

Tuesdays:
8:30am-4:00pm

Wednesdays:
8:30am-4:00pm

Thursdays:
8:30am-4:00pm

Fridays:
8:30am-1:30pm

Main Line:
860-870-3133

Transportation Line:
860-870-3137

Meet Our Staff:

Director:
Erin R. Graziani

Assistant Director:
Samantha "Sam" Baer

Administrative Secretary:
Alisha Goss

Bookkeeper:
Sue Maheux

Drivers:
Ken McCarthy
Jeanne Magurany
Mark Balkan

Transportation Secretary:
Jasbir Jutla

Newsletter Volunteers:

Anna Hyde
Judy Varney
Janet Wieliczka

Maple Street Monthly

Ellington Senior Center Newsletter

Visit us online: <http://seniorcenter.ellington-ct.gov>

October 2019

Greetings,

The Senior Center is bustling with a variety of activities and some new programs! I would like to mention that new programs are initially highlighted on our Facebook Events page. Therefore, please check us out on Facebook!

I would like to acknowledge Ms. Madilyn Baer who has given us many fabulous piano performances during her high school years! We wish Madi well during her college years and look forward to her coming and visiting. Also, I thank United Bank employees, Nga, Shannon, Nate, Pam and Miranda who recently helped us with two activities.

We appreciate the Harford HealthCare Medical Group, bringing us guest speaker John Griffith, MD, for the first "Guy Talk" held in September. It was very successful! Gentlemen, please be sure to mark your calendars for the next "Guy Talk" on December 4 with Bruce Brazeal, Exercise Physiologist, who will discuss strengthening/toning/cardio for men as they age.

Thank you to Dennis Varney for organizing a Fire Prevention program with the Ellington Fire Prevention Team on Wednesday, October 2 at 1pm. Be sure to join us!

As a reminder, please see Alisha Goss, Administrative Secretary for any programs that require payment or have specific sign up instructions. For example, please see Alisha to sign up in advance for the Flu Shot Clinic on October 23. Tricia Sedelow, RN from North Central District Health Department will be here for this event.

Our Annual Holiday Craft and Vendor Fair is on Saturday, December 7, 2019. As you know, it is never too early to advertise! We are looking for vendors. See Sam for more information.

Sincerely,
Erin R. Graziani,
Senior Center Director



Like us on
Facebook!

Tai Chi for Arthritis & Fall Prevention



Class Begins October 21

Ready.. Steady.. Balance! **Instructor: Linda Stein**



October 29, 1pm

OUR MISSION:

The Ellington Senior Center is a place that provides an environment for an individual age 55 years plus to enhance a healthy lifestyle that maintains independence, dignity, self respect and productivity through participation in recreational, social, educational, informational, and healthy activities and programs.

SPECIAL EVENTS - Sign up in the Info Center for the Following Programs:

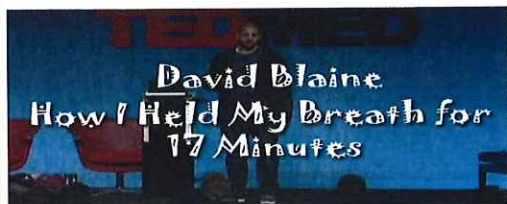
Monthly TED Talks

Join us for a brief video, followed by discussion:

Tuesday,
October 1
1:00 pm



Susan Cain
The Power
of
Introverts



Tuesday,
October 22
1:00 pm

How to Spot a Liar



Wednesday,
October 30
1:00 pm

MONTHLY MUSIC WITH EHS

Thursday,
October 3
2:45 pm

Accomplished members of the EHS Jazz Band, Wind Ensemble and Vocal Groups will be performing a variety of music on the first Thursday of the month during the year.

Listening Lab With Patricia Stoughton



Wednesday, October 9 at 1:00 pm

Pat invites you to sit and listen to a variety of music, from opera to classical on the first Wednesday of the month.

FIRE Prevention

Wednesday, October 2

1:00pm

Join the Ellington Fire Prevention Team for a presentation on how you can prevent falls and kitchen fires in your home.

ENERGY EFFICIENCY & WINTER WEATHERIZATION WORKSHOP

presented by



Thursday, October 10
1:00 pm

Card Making with Kay Luginbuhl Thursday, October 3 1:00 pm



Volunteers are needed to join Kay in making greeting cards on the first Thursday of the month. Materials and instruction provided. Cards will be used for the Senior Center to send to members, as appropriate.

You are also welcome to come make cards for your personal use for a small fee. Cost TBD.

History For Fun With Joe Ouellette



EDGAR ALLAN POE

Wednesday, October 16
1:00pm

SPECIAL EVENTS—See Additional Details in Flyers in Information Center



AARP Members \$15,
Non-AARP Members \$20.
Stop in or call to register.
Space is limited.

Date	Time
Thursday, October 17	9:00 am—1:00 pm
Thursday, November 7	9:00 am—1:00 pm

Thursday, October 17
1:00 pm



Facilitated by: Erin Graziani, Director

All members of the Ellington Senior Center are invited, encouraged and welcome to participate in these meetings. Suggestions welcome.



**Wednesday,
October 23
1:00 pm-3:00 pm**

**Sponsored by:
The North Central District Health Dept.**

**Pre-Registration Deadlines:
Standard Vaccine: Before October 15**

**(High dose vaccine was only available by
pre-registering before September 3)**

The Maple Street Café Is Open!

**Tuesdays & Wednesdays
11:00 am-12:30 pm**

**Stop in for a sandwich, soup and/or salad
made to order by our wonderful volunteers!**

No reservation needed.

Acceptable Forms of Payment for all Programs/
Classes: Cash or check, made payable to: SCAF
(Senior Citizen's Activity Fund)



Holiday Craft & Vendor Fair

Saturday, December 7
9:00 am-1:00 pm

Volunteer Update:

We will be having a meeting for all interested volunteers Thursday, October 24 at 10:00 am.

Spread the Word: Vendors Needed!

Visit our website or
contact Sam or Alisha for details.

NOTE: All vendors must have a current
Sales & Use Tax permit to be considered.

Ready.. Steady.. Balance!

A Fall Prevention and Balance Series

**Sign Up October 29 Free
1:00 pm**

Join Instructor Linda Stein for this quarterly workshop.
Attendance at all sessions is encouraged, not required.

Additional details in the Info Center and online.

Thanksgiving Dinner

Thursday, November 21, 2019

12:00 pm

**Oven Roasted Turkey & Gravy, Mashed Potatoes,
Stuffing, Butternut Squash, Cranberry Relish,
Dinner Roll, Pumpkin Pie & Beverage**

Tickets in Advance by: 11/14/19

Residents: \$15

Non-Residents: \$16

See Alisha for tickets!



HEALTH, WELLNESS & FITNESS

The rates for our fee-based classes are listed below. If you need more information about any of the classes, please speak with one of the front desk volunteers or a staff member. See the calendar page for schedules.



Instructor: Kristina Tedford
Mondays 9:00 am-9:45 am
4 week session: 10/21, 10/28, 11/4, 11/18
Residents \$20 Non-Residents \$24

No Walk-Ins.
Please sign up in advance with Alisha.

Tai Chi for Arthritis & Fall Prevention



Classes Begin October 21

Instructor: Sam Baer

Residents: Free

Non-Residents: \$3

Mondays at 2:00 pm



Join Sam for a slow, gentle class, suitable for all, especially those with arthritis and issues with balance. Participate standing or in a chair. This Sun style class is evidence based and recommended by the CDC to be effective at preventing falls.

Fitness Classes with Linda Stein

October 7-11 Bring a friend free to class!

(New participants only)

See Calendar for Schedule

Chair Exercise

Mondays, Tuesdays & Thursdays
10:00 am-10:45 am
Residents \$4 Non-Residents \$5



Simple Circuit^{*, #}

Tuesdays & Thursdays
11:00 am-11:45 am
Residents \$7 Non-Residents \$8



CrossSculpting^{*, #}

Tuesdays & Thursdays
5:30 pm-6:30 pm
Residents \$7 Non-Residents \$8



All classes are offered on a walk-in basis.
Dress comfortably and bring a water bottle.

* See Instructor for session discount

Bring a mat

Easy Dance Classes with Amelia are Back!

Beginner Line Dancing:

No hopping, jumping, or twisting

Ballroom, Polka, & Fun Dancing:

A little bit of everything!

See calendar for schedule. All classes are free.

YOGA

Instructor: Sam Baer, RYT200

Friday Mornings - See Calendar for Schedule

Mat Yoga Class: 9:00 am

Chair Yoga Class: 10:30 am



Residents: Free

Non-Residents: \$3

Bring your own mat.

All levels welcome. Walk-in



CHAIR YOGA

Podiatry Clinic

Wednesday, October 2, 9:00 am-3:00 pm

Fee Applies.

For more info or to schedule an appointment call
Kathy Brennan at Pedicare: 860-202-3021.

Advanced Line Dancing

Instructor: Nicole Gagne

8 Week Session Rates (no walk-ins, max 20):

10/21, 10/28, 11/4, 11/18, 11/25, 12/2, 12/9, 12/16

Residents \$40 - sign up begins 10/7

Non-residents \$48 - sign up begins 10/11

Ask the Nurse

Tuesday, October 8

12:30 pm-2:00 pm

Do you have a question about a condition or illness?

Need info on a health topic? Need your blood pressure
or blood sugar checked? Walk-in. Free



TRANSPORTATION

EMATS: Ellington Medical Appointments Transportation Services Transportation for Non-Emergency Medical Appointments

HISTORY

Transportation services began in 2001 for social programs. In 2003, transportation services expanded to provide rides to residents for medical appointments under our EMATS (Ellington Medical Appointment Transportation Services) program. EMATS is partially funded by a grant received by North Central Area Agency on Aging (NCAAA). Funded in part, by the "Older American's Act."



TRANSPORTATION HOURS, SCHEDULING & FEES

Transportation Services are offered five days a week for social activities and medical appointments.

Please call the Transportation Line at 860-870-3137

to request a "Transportation Packet" that provides you with the program's rules and regulations, or to make an appointment.

Normal hours for medical transportation are offered:

Monday – Thursday:

9:00 am-2:30 pm,

Fridays: 9:00 am-10:30 am.

The Annual Suggested Donation for Transportation is \$30.00.

A \$3.00 donation fee per round trip is suggested and appreciated.

SHOPPING

Big Y &
Stop and Shop,
Every Friday



We'll bring your groceries in.

Got errands & need a ride?

We can help!

My To-Do List

Date ☒ Item

☐ Senior Center

☐ Town Hall

☐ Library

☐ Doctor's Appointment

☐ Physical Therapy

☐ Grocery Store

☐ Bank

☐ Post Office

REGISTRATION & PAYMENTS

Several of the programs offered are free and members are welcome to attend on a walk-in basis. Some programs require pre-registration and will be stated as such in the description.

Sign-up sheets for these programs will be located in the **Information Center**. Please ask the receptionist if you need help. Program registrations are accepted on a first come, first served basis, with preference given to Ellington residents. Please see the Administrative Secretary for programs requiring payment.

Partial payments are not accepted unless otherwise specified.

IMPORTANT:

All payments for programs are non-refundable, and make-up classes are not permitted unless the Senior Center cancels.

MEMBERSHIP

The Ellington Senior Center is open to those age 55 and older. All program participants must have a current **Annual Registration** on file.

Currently, there is no membership fee to join; however, certain programs may require payment and/or pre-registration.

We ask that you sign in using your "My Senior Center" card for each program you attend.

Call to get rides to the following:

Monthly Ted Talks

Fire Prevention

Monthly Music

Energy Efficiency and Winter Weatherization

History for Fun

Volunteer Meeting & More!

Call Transportation for More Information.

Copies of the Handbook & Operating Procedures for Senior Center Programs, forms, and detailed/updated information on all programs, special events, trips, and volunteer opportunities can all be found in the Information Center and online at:

<http://seniorcenter.ellington-ct.gov>

2019 TRIPS

DAY TRIPS: Payment is due in full upon signup.

OVERNIGHT: Deposit is due upon sign-up. Each trip flyer indicates when full payment must be made.

Flyers will be posted in the Information Center and on our website as they become available.

Sign up is available as soon as the trips are posted. Early sign up is recommended.

For more information, or to sign up for a trip, see our Administrative Secretary, Alisha.

All trips are subject to change and are non-refundable unless the Senior Center cancels.

Acceptable forms of payment for all trips: Cash or check made payable to:

SCAF (Senior Citizen's Activity Fund); Credit cards may be accepted for cruises.

DATE	DAY TRIPS		COST
Sunday, December 8, 2019	Christmas Light & Song, Springfield, MA Student Prince German Restaurant with Holiday Carolers, MGM Casino, Bright Nights at Forest Park. Limited seats remaining.		\$96
OVERNIGHT TRIPS & CRUISES ***Call Friendship Tours to book this trip: 1-800-243-1630			
February 2, 2020 - February 16, 2020 ***	Escorted Western Caribbean Cruise from NY aboard Norwegian Bliss. Itinerary: Port Canaveral, Great Stirrup Cay, Ocho Rios, Grand Cayman, Roatan, Harvest Caye, Costa Maya, Cozumel. Incl. transport.		Starts at \$1799
April 25, 2020 - May 2, 2020 ***	California Coastal Cruise including round trip flight to LA, 7 nights aboard Royal Princess, San Francisco, Monterey, San Diego, Ensenada Mexico.		Starts at \$2149
September 1, 2020 - September 17, 2020 ***	Escorted Trans-Atlantic Cruise on Royal Caribbean's Brilliance of the Seas. Sail Amsterdam to Boston. Norway, Iceland, Greenland. 17 days/15 nights.		Starts at \$2999
November 5, 2020 - November 15, 2020 ***	Escorted 7 night Hawaiian Islands Cruise on NCL's Pride of America. Includes roundtrip transportation, accommodations, and sightseeing. Honolulu, Oahu; Kahului, Maui; Hilo, HI; Kona, HI; Nawiliwili, Kauai, USS Arizona Memorial & USS Battleship Missouri, and more!		Starts at \$4999



Why don't mummies
take summer
vacations?

They are afraid to
relax and unwind!

STAY TUNED!

**OUR 2020 TRIPS
WILL BE COMING
SOON!**